

Inside  
Outlook

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## THE INSIDE OUTLOOK

### Invictus

Robin W.  
Cathy J.  
Ginnette L.  
Carol K.

### Kon-Tiki

Roxanne B.  
Marie P.  
Angie D.  
Gayle R.

### Hochelaga

Sue H.  
Nancy N.

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Terry Angle  
Mrs. Lum

Special thanks to Angie D. and Ann P. for their illustrations in this paper.

### Inside Outlook Newspaper Policy:

The views of this newspaper do not necessarily represent those of the newspaper staff or have the endorsement of the administration.

The newspaper reserves the right to accept or reject any article submitted.

THE INSIDE OUTLOOK

Invited  
Robert  
Gerry  
Ginger  
Carol

Non-Tilt  
Alexander  
Martha  
Angie  
Gail

Robert  
Gail  
Wendy

Staff  
Lynn  
Mrs.

Special thanks to Angela and Ann P. for their contributions in this paper.

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EDITORIAL



Understanding and Misunderstanding People

What's it all about, does anyone really know for sure? Aside from the fact that someone with big feet has a good understanding. But what does understanding mean? The dictionary defines it as being able to comprehend or grasp; to know thoroughly; the agreement of two minds, as the perfect UNDERSTANDING between them. Even in the most intimate relationships, people don't fully grasp each others actions and to know what someone says isn't enough, you have to know the reason their saying it. It's just not enough to sympathize, you've got to empathize. To get complete understanding, you've got to recognize the person for what they are. You cannot help people with their problems if you know nothing about them. I feel that in order to do these things a common ground must be found on which we can communicate. As far as I'm concerned this is one of the most important things needed to succeed in being able to understand each other. Understanding someone is a personal thing, and all too many times it has resulted in impersonal handling. By this I mean to clearly see someones problem and then not comment on it because it may be something you know they don't want to hear. To me that's failure on both parts and you'll never get anywhere at that rate. If you take a problem to someone it's a cry for help, by listening to what you have to say they offer you their help. After going through this I believe the outcome should be enforced whatever it may be, if you really want to solve your problem. If what you have is an honest and complete understanding something valuable can always be learned. But to have this, I feel you must maintain a certain amount of confidence, trust, sympathy and honesty. Many a time I've heard people say "I understand" when really they didn't. But why did they say it then? I don't have an answer to that. But if you do please let me know, I promise I'll try and UNDERSTAND!

Marie P. (Kon-Tiki)



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# A Credo

## For my relationships with others



*YOU and I are in a relationship which I value and want to keep. Yet each of us is a separate person with his own unique needs and the right to meet those needs.*

*When you are having problems meeting your needs I will try to listen with genuine acceptance in order to facilitate your finding your own solutions instead of depending on mine. I also will try to respect your right to choose your own beliefs and develop your own values, different though they may be from mine.*

*However, when your behavior interferes with what I must do to get my own needs met, I will openly and honestly tell you how your behavior affects me, trusting that you respect my needs and feelings enough to try to change the behavior that is unacceptable to me. Also, whenever some behavior of mine is unacceptable to you, I hope you will openly and honestly tell me your feelings. I will then listen and try to change my behavior.*

*At those times when we find that either of us cannot change his behavior to meet the other's needs, let us acknowledge that we have a conflict-of-needs that requires resolving. Let us then commit ourselves to resolve each such conflict without either of us resorting to the use of power or authority to try to win at the expense of the other's losing. I respect your needs, but I also must respect my own. So let us always strive to search for a solution that will be acceptable to both of us. Your needs will be met, but so will mine — neither will lose, both will win.*

*In this way, you can continue to develop as a person through satisfying your needs, but so can I. Thus, ours can be a healthy relationship in which each of us can strive to become what he is capable of being. And we can continue to relate to each other with mutual respect, love, and peace.*



1910

to keep the Government from interfering with the rights of the people to meet and assemble peaceably and to keep the Government from interfering with the rights of the people to meet and assemble peaceably.

I have been thinking of you very much lately. I hope you are well and happy. I have been thinking of you very much lately. I hope you are well and happy. I have been thinking of you very much lately. I hope you are well and happy.

accepted to you, I hope you will try and honestly tell me your feelings. I will  
do my best to help you. I will try to change my behavior.

[illegible]

to each other with regard to the

THOMAS BORDON, Ph.D.  
Member, Eggertson Training Association

San Francisco, California  
Mr. J. Edgar Hoover



The Ombudsman was first mentioned approximately fifteen years ago in the Ontario Legislature. Although Sweden has had one since 1809 and New Zealand since 1961, there still seemed to be apprehension on the part of the Ministry, although the public was for it, but since then the Ministry is now in total co-operation with it. The reaction from the inmates was suspicion and slight apprehension.

The office of the Ombudsman has a staff of approximately 80. Ms. Adams' directorate, which deals with complaints from institutions, has a staff of 18. Their criteria is a genuine regard for people's rights and expertise in the area in which they have no function. In five complaints from Correctional Institutions, they also receive complaints from patients and staff in Psychiatric Hospitals and facilities for the retarded and emotionally disturbed. They handle complaints against the Workmen's Compensation Board, and the problems of the very young and old.

One of their main problems is trying to come to grips with "What is the Truth?" Perceptions often differ depending on whether one speaks to staff or residents.

The Ontario Ombudsmen's jurisdiction is restricted to the province of Ontario. They have no branch offices but from time to time, they hold public and private hearings across the province. They are thinking of expanding, but have encountered budget problems. The functions for the organization are appropriated by the legislative assembly.

Ms. Adams feels that the purpose of the Ombudsman is to defend the rights of people if they feel unjustly dealt with by a government ministry or agency and to make recommendations for changes in policies where it becomes apparent that such changes should be made. The Ombudsmen are obviously needed as 4,200 people have been in touch with their office since they were established less than a year ago. As the government, through various legislation, acts and rules, intervenes in our daily lives, more and more, some injustices are bound to occur. Very often it is difficult, if not impossible for the individual to set them right, and an Ombudsman is needed to thoroughly investigate and make recommendations.

Apart from dealing with the large number of complaints received in the mail, from time to time, public and private hearings are held in offices and different areas of Ontario. These are attended by the Ombudsman, Directors and members of his staff, and the role of the Ombudsman is explained to interested persons who come to the hearings. Also, an opportunity is given for those with specific problems to discuss same with a member of the staff. Complaints then, are carefully examined to see if there is anything this office can do to help the complainant. Sometimes a complaint does not fall within the jurisdiction of the Ombudsman's office, and although we cannot investigate a complaint of an appeal procedure still open to the complainant, and in this event, such steps of appeal are examined. If a complaint is thoroughly investigated, and every effort is made to find out the true facts behind the problem, every attempt is made to resolve it.



It might be helpful to quote from the Ombudsman Act, 1975 as to the jurisdiction and function of the Office.

"The function of the Ombudsman is to investigate any decision or recommendation made or act done or omitted in the course of the administration of a governmental organization and affection any person or body of persons in his or its personal capacity."

Governmental organization has been defined to mean a Ministry, commission board, or other administration unit of the Government of Ontario, and includes any agency thereof.

Mr. Arthur Maloney is the Ombudsman for Ontario. Ms. Adams' position is, Director of Institutional and Special Services in the office of the Ombudsman. Ms. Adams is interested in the rights of individuals trying to see that justice is done, and cutting through red tape and bureaucracy. Perhaps these are the motives behind her becoming an Ombudsman's assistant.

Ms. Adams doesn't feel she visits this institution and others nearly enough, but her investigators do as often as the need arises. They have found institutional staff to be co-operative when confronted by a complaint. Staff seem to realize that the Ombudsman try to be objective and that their visits are helpful to both residents and staff. Ms. Adams doesn't see why an ex-inmate can't become an Ombudsman.

The word "Ombudsman" means a mediator or judge between two parties who cannot agree. Webster's dictionary defines it as: "A government official who receives and investigates complaints made by individuals against abuses or capricious acts of public officials, reports findings, and helps to achieve equitable settlements."

Ms. Adams would like to thank you so much for your interest in this office and the thought that has gone into compiling this. She hopes that she has been able to answer your questions satisfactorily and the concepts of the office of the Ombudsman will be clearer to you as a result.

Thank You Ms. Adams

Questionnaire used for this article designed by Carol S. Compiled and re-written by Marie P.

Thank You Carol and Marie.



### Interview with Louise Giroux-Student Social Worker

Louise is a temporary staff who will be working here until May 5th, every Tuesday and Thursday. She is a student of Sheridan College studying social services. She hopes to become involved in Correctional Services when she is old enough.

Her birthday is October 16 and she will be 20 years old. She was born in Hull, Quebec, but she has been living in Espanola (near Sudbury) for nineteen years. Presently, she is residing in Oakville.

She is attractive and professes to have a 36-25-36 figure. She is unattached and has no intention of ever getting married, since she feels marriage will cause her to lose her individuality. She goes out with men but for no longer than two weeks each.

Her family are upper middle class and she has two sisters and one brother. Since she is the baby of the family, she has been somewhat spoiled, but not to excess.

When asked if she had ever tried drugs she gave no comment. She drinks occasionally, and has no criminal record.

Her hobbies range from macrame, to target shooting. She has travelled to Spain, Florida, and British Columbia.

Her ambitions in life, apart from being involved in Correctional Services, is to be a journalist, or a actress. Though she would like to become a actress, she feels that she is too realistic for that type of career.

Asked what she would do if she were a resident instead of a staff she replied that she would do what she were told and be good. She thinks she would be very passive, go along with most things but not let the resident walk all over her.

Her idea of the perfect man is a combination of Robert Redford and Paul Newman. He would have to have a good sense of humor, be kind, considerate and of course good looking.

My impression of her was that with a little pressure, Invictus would have her under control. I don't feel she is incorrigible, although she does seem to have a stubborn streak. She seems to be kind of nice even if her imagination does work overtime. 36-25-36! Imagine that!!

Robin W. (Invictus)

### Interview with Barb May-Student Social Worker

I'd like to introduce Barbara May, student social worker from Sheridan College. Barb was born in Vancouver, B.C. on October 14th, 1956. She has three brothers but no sisters and comes from an upper-middle class family. Her hobbies include arts, plants, reading and she likes sports too, such as track and field, volleyball and gymnastics. She says she'll be probably getting a job in correction or with adolescents but doesn't know as of yet. She is engaged but isn't planning on getting married for awhile. When asked about her sex life she quickly said, "Whats a sex life?" She has no criminal record and is a social drinker. Asked



what she would like to be she said a singer but also said she hasn't got the voice but does love to sing. When asked about what she thought of Kon-Tiki she said she doesn't know anybody so she can't make judgement. She thinks that she can both give as well as benefit from her stay here. Thank-you very much for the lovely interview! Sue H. (Kon-Tiki)

\*\*\*\*\*

### Interview with Toby

Q. How do you feel about being a permanent resident here at Vanier?

A. R-R-Ruff

Q. Of all the residents you've met here would you say the majority of them felt like you about their freedom?

A. R-R-Ruff

Q. Toby, one last question, what kind of Superintendent do you think Mr. Everett will be?

A. R-R-Ruff

Thank you Toby for giving us a R-R-Ruff idea of how you feel about things! Marie R. (Kon-Tiki)

### Interview with Pat Cranston (Health Centre)

Pat Cranston lives here at the Vanier. She was born and raised in Chatham, Ontario and also received her schooling there. When she was asked about the lack of understanding in her area she stated that she didn't think there was any and that the residents were impatient and that they didn't put enough trust in the nurses. She said there would be no changes in Health Centre and that nurses are available 24 hours about any time in an emergency. Pat is really interested in helping people both physically and mentally. When asked about the headache pill she stated that a pill isn't a cure-all and residents should know what's causing the headaches. She also stated that women could not get aspirins at 10 p.m. onwards because it's better to go to bed than to take a pill. She thinks that a lot of women associate Health Centre with segregation and she feels that this is unfair and isn't right. Pat's overall opinion is that Health Centre is fine the way it is!

Sue H. (Kon-Tiki)



because I told you I was going to have an art class  
 "COME AND JOIN THE ART CLASS"  
 "THERE ARE LOTS OF AREAS TO CHOOSE FROM"

---

DRAWING; PAINTING & COLLAGE      GRAPHICS      SCULPTURE      CRAFTS

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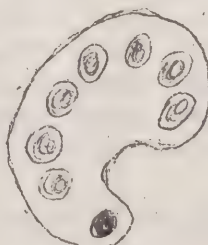
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| pencil             | printmaking | clay             | leather tooling |
| charcoal           | with found  | papier mache     | leather work    |
| conté crayon       | materials   | plaster of paris | (soft leather)  |
| chalk              | wood cuts   | tin can          | decoupage       |
| oil pastels        | silk screen | sculpture        | macrame         |
| ink                |             | box sculpture    | head work       |
| ink & wash         |             |                  | wall hangings   |
| water colors       |             |                  | batik           |
| acrylics           |             |                  |                 |
| oils               |             |                  |                 |
| collage            |             |                  |                 |
| drawing & collage  |             |                  |                 |
| painting & collage |             |                  |                 |

You can do one or more of the subjects listed, as many as you like, you will be able to work at your own speed, there's no time limit.

Art will be held on Tuesdays, Wednesdays and Thursdays.

To join you must request art in your planning meeting, then come and tell Mary what your are interested in.

IT'S OPEN TO EVERYONE  
 SO COME, LETS SEE HOW CREATIVE YOU ARE



EASEL



SCULPTURE





## GOOD-BYE LETTERS TO VANIER

I feel that I should write this letter to those people that I missed when I wrote the individual good-bye letters.

As an Ottawan, I feel that I should say a special "so long" to other chicks from Ottawa. Dixie C. (Kontiki) Diane M. (Hochie) Angel B. (Kontiki) and last but not least Penny D. (Invictus). I realize that I didn't get all the people from that area but these four people made my stay a little easier. I'll be looking forward to seeing all of you sometime in the future.

Thanks Mouse, for your understanding and patience when I came to you to talk. I'll be looking forward to seeing you and Carolyn R. when you come to Ottawa. I'm really going to miss both of you.

Keep your chin up Angie D. and don't let people get you down. People will do anything to make another person's time harder even if it means making their time a lot easier. Good-bye Janice J. I hope you get your parole, be good and stay out of trouble. Take care and be yourself.

Good-bye Sue H. (Hochie) It's been good knowing you. I thank you for the times when I felt down and the inspiring talks you gave me to get me out of my depression. I'm really going to miss you.

Lastly, I'd like to say good-bye to the Activities Building staff, with a special mention to Rochelle, Terry and Mrs. Lum. Thanks for your help with my correspondence courses.

Good-bye to the staff of Invictus. I can't say I'm sorry that I'm leaving you. Don't file suit for desertion either. It will never stand up in court.

I know that I missed a lot of people when I wrote this letter but, believe me I'll be thinking about those people I missed when I'm out.

So, until next time everyone, take good care of yourselves.

Cathy J (Better known as Johnnie)

Well my time has finally come and I must say good-bye to all the beautiful people I have met here. To all the chicks in here I just would like to wish you all the best of luck and I sure hope you all make it when you get out. A lot of you have helped me get through some pretty rough times in here and I would like to thank all of you for being here when I needed friends the most. I would like most of all to thank Diane M. (pepper) You have been a very true friend to me and I am sure going to miss you. You are a very understanding person. As for the staff, well what can I say except some are ok and some of you shouldn't even be working in here. All I have to say is bye and good luck to all.

I sure will miss you all.

Diane B.

P.S. I will miss flashing in front of you all. (Ha Ha)



POETRY

Do you remember me?  
It seemed only yesterday  
We said hello  
And today you say  
Good-bye.

You say crime is divine  
if you want time  
I say no please  
don't go.

My lips are still warm  
from your last kiss  
You will not write nor  
visit for you say  
"It is not worth it."

Maybe tomorrow I'll read  
your name in print  
And I will say  
"Is it worth it?"

Marie C. (Hochelaga)

\*\*\*\*\*

I sit in this room  
day after day  
Wondering what my family  
is doing,  
Do they think of me  
as often as I think of them?  
Are they lonely just like me?  
No, they can't be,  
cuz  
I can see their laughing faces  
dancing in front of me now.  
What is my daughter  
doing just now?  
I wonder...  
Crying, frowning, smiling  
or perhaps even laughing.  
Why can't I laugh or  
even smile?  
One of these days, really soon  
I will see a smile that  
no one can ever erase.  
A laughter that will never die,  
On the day I return  
To my family away  
from this cell,  
And leave my frown  
and my river of tears  
for a new one in  
my old cell.

Marie C. (Hochelaga)



## POETRY

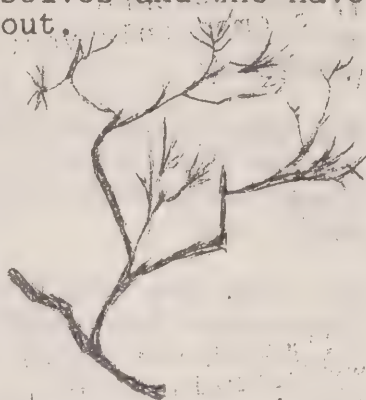
These are three short poems written by ex-drug addicts who have finally come to terms with themselves and who have learned what understanding is all about.

When you have no place to turn  
And you yearning to be free  
And your begging for concern  
And your burning eyes can't see

I've found that you are you  
I've learned that I am me

Misfortune is the difference  
Understanding is the key.

Gerald Spellman (ex-addict)



To look at a man and form an opinion  
of him by what you see,  
Instead of looking into a man and forming  
an opinion of him by what you feel,  
Is one of the greatest sins man has ever committed.

Peter Bruno (ex-junkie)

Don't always look outward,  
Sometimes there is very little to find,  
Take a look inward, there is a lot to find.  
You can see it if you want to  
You can see it if you try,  
So don't get hung up on the outside,  
Get hung up there too long and you inside will die.

Nicholas Cosmo (ex-junkie)

### What is Love?

Is love an expression, feeling, or act?  
Is love full of happiness or hurt?  
Is loving you, loving me?  
Does anyone really know what love is?

Loving a family, peom or pet,  
Has anyone really found love yet?  
Love we know is not just a word,  
Love does grow and does hurt,  
So really what is love?

Many people say "I love you"  
But how many really know what  
they mean when they say it,  
I bet very few of us know,  
What love is.

Nancy N. (Hochelaga)





## I'M INDIAN AND PROUD

Who says we came from a white man's seed  
Their hatred and unforgettable greed,  
For where are we now without our land?  
No place to be able to sit or stand.

Sure, the whiteman came from across the sea,  
But look what they did to the forefathers of thee,  
"Custard had it coming" at his last stand,  
When he tried to take over the indian's land.

At Wounded Knee we did what was right,  
We wanted to show we weren't gonna be white.  
And remember what happened on Parliament Hill,  
Our people weren't gonna let our rights stand still.

I'm not saying this cause I was there,  
But I'm an Indian and I do care,  
About our lives and the Indians' rights,  
The reasons we are Indians and you are whites.

By Carol L.

\*\*\*\*\*

Why is it we always misunderstand people easier than take the time to understand them?  
To this question I can only say-I've tried. Many times I've met people who are totally unaware that, I, as an individual have feelings and thoughts similar to theirs. It's a never ending process of sorting out feelings from fact. In many situations we are happy to go on a first impression basis, but again, we're caught between understanding and misunderstanding. A rumor is something that is hard to understand, it begins when two people engage in conversation-one of the two goes on to speak to another then suddenly a rumor is born--on it goes from one to another until the person who it's about gets wind of it. Now this is misunderstanding in it's truest form. There is no age or social level that this affliction does not affect, and it is really too bad. The full impact of misunderstanding comes upon one when, in conversation with another one suddenly realizes that in order to understand a situation, one must either have experienced it or put oneself into the situation. But this does not mean one must agree and I think this is where people find themselves misunderstanding each other and why we should take the time to put that extra bit of understanding towards each other.

By Laura Welkem/C.C.

Your embraces were created to hold me  
And my dreams  
Your eyes to carve my body  
To let me exist,  
Your hands to take the colors  
Of my sorrows  
And hang smiles everywhere.  
Give me your hand  
The only treasure of my life  
And don't leave me alone  
You understand so well  
The beauty of the sunset  
And the tears behind my eyes.

I've begun  
as a chemical reaction  
To Balance  
The sweet pleasure  
Of loneliness  
Against  
The pain of loving you.



Lily K. (Konniki)

In Flanders fields the poppies grow,  
Between the crosses, row on row,  
That mark our place, and in the sky  
The larks, still bravely singing, fly,  
Scarce heard amid the guns below.

We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe,  
To you from failing hands we throw,  
The torch,  
If ye break faith with us who die.  
We shall not sleep, though poppies grow  
In Flanders fields.

John McCrae submitted by Sue H.

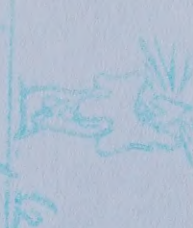
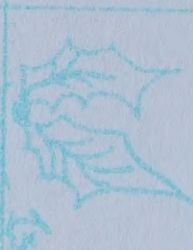
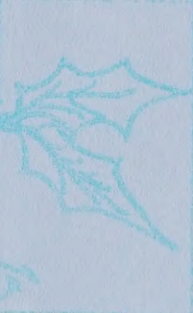
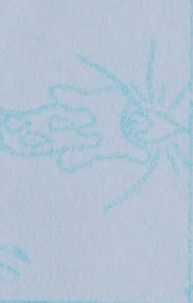
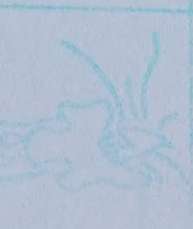
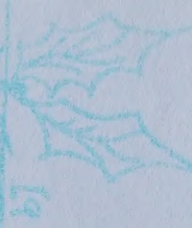
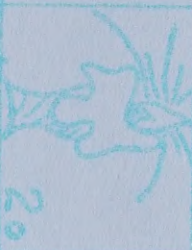
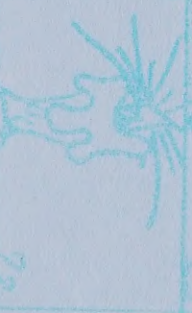
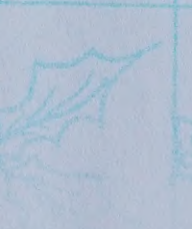
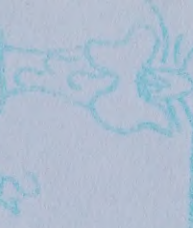
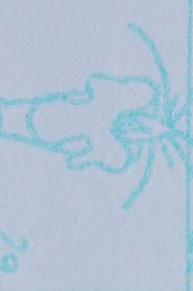








# December

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|    |    |    |    |    | <i>Christina</i><br><i>Day</i>                                                        |    |
|    |    |    |    |    |                                                                                       |                                                                                       |

Every Child's Story

Don't forget



